

NAMI Family & Friends is a seminar (available in 4-hour or 90-minute format) that informs and supports people who have loved ones with a mental health condition. Participants learn about diagnoses, treatment, recovery, communication strategies, crisis preparation and NAMI resources. Seminar leaders have personal experience with mental health

NAMI Prince William, the local organization of the National Alliance on Mental Illness, will offer 90-minute NAMI Family & Friends seminars on May 14, 6:30 p.m. at Haymarket/Gainesville Library; May 20, noon at Bull Run Library; and May 23, 2 p.m. at Potomac Library. Email info@nami-pw.org to register or call 703-659-9983.



Audience

“The real-life examples that the co-teachers shared were helpful in realizing we are not the only ones going through this and it gave us all some hope for better days for us and our loved ones.”

“Programs like this really reduce the stigma and fear surrounding talking about mental health conditions. I felt supported and understood.”

Contact us to schedule a **NAMI Family & Friends seminar**



Prince William

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About NAMI

NAMI, the National Alliance on Mental Illness, is the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI Prince William is an affiliate of NAMI Virginia. NAMI Prince William and dedicated volunteer members and leaders work tirelessly to raise awareness and provide essential education, advocacy and support group programs for people in our community living with mental illness and their loved ones.